

UPDATE

Pre-Diabetes: What Does It Means?

The American Diabetes Association and The US Department of Health and Human Services have dropped the scientific jargon “impaired glucose tolerance” and “impaired fasting glucose” and are using the term “pre-diabetes” to describe blood sugar levels that are higher than normal but not yet indicative of full-blown diabetes.

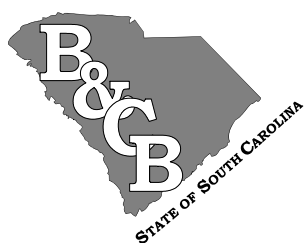
Diabetes, if managed improperly can lead to blindness, kidney failure, limb amputation, heart disease and stroke. Therefore, it is very important for individuals who are diagnosed as “pre-diabetes” to closely monitor their glucose level, become more physically active and adopt good eating habits.

Left untreated, most people with pre-diabetes will go on to develop diabetes within 10 years. Simple lifestyle measures, such as losing 5 to 10 percent of body weight and exercising 30 minutes a day can delay or prevent the disease and even return blood sugar levels to normal. There are two tests that are used to measure blood glucose levels. The first test is the “fasting blood glucose test” in which blood sugar levels are measured after fasting for a period of time (usually 12 hours or before eating breakfast). The second test is an “oral glucose tolerance test” which measures the body’s reaction to a sugary drink. Listed below is a chart defining fasting blood glucose and oral glucose tolerance tests.

Fasting Blood Glucose Test	
Measurement	Diagnosis
Below 110	Normal
110 to 125	Pre-Diabetes
126 or above	Diabetes
Oral Glucose Tolerance Test	
Measurement	Diagnosis
Below 140	Normal
140 to 199	Pre-Diabetes
200 or above	Diabetes

Note: Blood glucose levels are measured in milligrams per tenth of a liter of blood.

The State Health Plan Prevention Partners offers free diabetes educational workshops. To find out when the next diabetes educational workshop will be held visit the website at www.eip.state.sc.us or call Prevention Partners at 803-737-3820.



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